disord@rseniaccdiabetes:



Journal of Diabetes & Clinical Practice

sleep quality and duration [7].

Editorial

Exploring the Impact of Sleep Disorders a multidisciplinary approach, addressing both diabetes-speci c and Domenico Nicolas^{*}

Department of Biochemistry, Ekiti State University, Nigeria

Abstract

Management of sleep disorders in individuals with diabetes requires a regular sleep schedule, practicing good sleep hygiene, and avoiding stimulants before bedtime, are essential for improving sleep quality and duration. Continuous positive airway pressure (CPAP) therapy is the rst-line treatment for OSA and has been shown to improve glycemic control and insulin sensitivity in individuals with diabetes. Cognitive-

Sleep disorders are prevalent among individuals with diabetasviorallituberarry cfor hassenansign(CBaFitI)misact ective for treating on glycemic control, insulin sensitivity, and overall health outcomsem Traisandiche examplement of addressing sleep-related behavioral and cognitive factors [8]. between sleep disturbances and diabetes management, exploring the mechanisms underlying their relationship and

the implications for clinical practice. Through a comprehensive regieve of current evidence and chical guidelines models that address both diabetes and sleep disorders simultaneously are essential

we highlight strategies for identifying and managing sleep disordersoiptindizingalpawithtdiabetesmemanalsizinproteing quality of life.

Obstructive sleep apnea; Insomnia; Restless legs syndrome; Integrated care; Multidisciplinary approach

Introduction

Sleep plays a crucial role in regulating metabolic processes, including glucose metabolism, insulin sensitivity, and appetite regulation. Sleep disorders, such as obstructive sleep apnea (OSA), insomnia, and restless legs syndrome (RLS), are common among individuals with diabetes and can exacerbate metabolic dysfunction, contributing to poor glycemic control and increased cardiovascular risk. Understanding the impact of sleep disorders on diabetes management is essential for optimizing patient care and improving health outcomes [1,2].

Methodology

Mechanisms linking sleep disorders and diabetes: Several tolerance, and contributing to the development of insulin resistance and beta-cell dysfunction over time [5,6].

Screening and diagnosis of sleep disorders in diabetes: Given the high prevalence of sleep disorders among individuals with diabetes, routine screening and assessment for sleep disturbances are recommended as part of comprehensive diabetes care. Screening tools, such as the Berlin Questionnaire for OSA and the Insomnia Severity Index for insomnia, can help identify individuals at risk for sleep disorders and guide further evaluation and management. Polysomnography and home sleep apnea testing are the gold standard diagnostic tests for OSA, while subjective measures, such as sleep diaries and actigraphy, may be used to assess

Keywords: Sitepottsorders, in Deubteds are innovatives for optimizing diabetes outcomes and improving guality of life specialists, and allied health professionals can facilitate comprehensive assessment, personalized treatment planning, and ongoing monitoring of individuals with diabetes and comorbid sleep disorders. Future research e orts should focus on elucidating the underlying mechanisms linking sleep disturbances and diabetes, identifying novel therapeutic targets, and evaluating the impact of integrated care interventions on diabetes outcomes and long-term health [9,10].

Discussion

Future research e orts should focus on elucidating the underlying mechanisms linking sleep disturbances and diabetes, identifying novel therapeutic targets, and evaluating the impact of integrated care interventions on diabetes outcomes and long-term health. Longitudinal studies are needed to assess the e ectiveness of sleep disorder management strategies in improving glycemic control,

Received: 01-Jan-2024, Manuscript No: jdce-24-135733, Editor Assigned: 04source are credited.

^{*}Corresponding author: Domenico Nicolas, Department of Biochemistry, Ekiti State University, Nigeria, E-mail: nicolasdomenico2648@yahoo.com

Page 2 of 2

reducing diabetes-related complications, and enhancing quality of life in individuals with diabetes. Additionally, e orts to raise awareness